



# MJRA 2011 Coaching Clinic

**FEATURING:** Program builder Beth Anderson of Oakland Strokes in California & technician Eric Houston of the Kent School in Connecticut

## Tentative Schedule

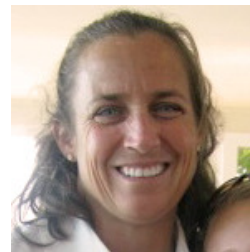
- **9:00 AM** - MJRA Welcome and Update- MJRA Exec. Committee
- **9:30 AM** - Program Building with Beth Andersen of Oakland Strokes
- **11:00 AM** - Group Discussion regarding Program Building
- **12:00 PM** - One hour break for lunch
- **1:00 PM** - Technical attributes of the stroke with Eric Houston of the Kent School
- **2:30 PM** - Group Discussion of the afternoon session
- **3:30 PM** - Close

## Clinic Details

- September 10<sup>th</sup> Hamilton, Ohio; 9 AM-3:30 PM
- Location: Miami Hamilton Downtown, 221 High Street Hamilton, OH 45011
- Recommended Hotel: Courtyard by Marriott, 1 Riverfront Plaza Hamilton, OH 45011 (513) 896-6200 Mention "Rowing Clinic" for special rates
- Great learning experience for your whole coaching staff
- Bring your key parents or team administrators too as this year we've added a program building session
- This clinic is free for all MJRA members. *Any other organizations will be asked to pay a nominal fee \$30.00 made payable to MJRA to attend*
- Please register at MJRA on Regatta Central.

## Beth Anderson of Oakland Strokes, Oakland CA

Discusses how to build and manage large rowing programs. How to build membership and maintain it. Beth rowed for Pacific and the Oakland Strokes in high school, then went on to row for four years at UCLA, winning a national championship. After college Beth coached at Pacific and then Purdue University where she received a Masters in Sports Management. She coached at UC Davis and even served as an assistant coach with the US Junior Men's team. She has served as a member of US Rowing's Board of Directors for over four years and has been the glue holding together the Strokes over the years.



## Eric Houston of Kent School Boat Club, Kent CT

Eric Houston started rowing in 1976 at Kent School. He rowed in the first boat for three years, graduating in 1980. He then rowed at Trinity College for four years and was captain of the crew his senior year. After graduating from Trinity in 1984 Coach Houston went back Kent School to teach and was an assistant rowing coach to Hart Perry for eleven years. Coach Houston took over as the head coach of boys crew in 1995. Since the spring of 1996 his crews have consistently metaled in the NEIRAs, or the New England Championships, winning gold in 2001, 2006 and in 2010. His 2010 crew also won gold in the 2010 Youth National Invitational in Cincinnati, OH. Coach Houston was named an assistant coach to the US Junior National team for 2011. In addition to coaching his crews in the United States Coach Houston's crews have rowed in Belgium, Germany and have competed in the Henley Royal Regatta six times. Coach Houston is a member of the Kent School Science Department where he teaches regular, honors, and AP Biology. In the fall he coaches thirds football. His wife, Barb, is also on the Kent Faculty and their children are graduates of Kent School and currently attending colleges in the Northeast.

